Nando's

How to Nando's

Hungry? You're in the right place.
Scan the QR code on the table.
Pick a main and hit up the **PERi-ometer** to add your spice.
Go wild with sides, then grab your sauces.
We'll take it from here.

Starters

Made for sharing, because who doesn't love picky bits?

PERi-PERi Nuts V 793 kcal	Serves 2-3	**3.75**
Spicy Mixed Olives 138 kcal	Serves 2	**3.75**
Halloumi Sticks & Dip V 452 kcal Five chunky sticks of grilled halloumi cheese with a chilli jam dip.	Serves 2	**4.25**
Houmous with PERi-PERi Drizzle 815 kcal With warm pitta triangles. Great to share.	Serves 2-3	**4.25**
Sweet Potato Wedges with Garlic PERinaise 440 kcal	Serves 2	**4.25**

Dare to share... **9.95**
Choose any three starters and get sharing.

Salads

Rainbow Bowl 528 kcal **8.95**
Warmed spiced grains and long-stem broccoli with houmous, rainbow slaw, pickled golden carrot and a sprinkle of seeds.

Quinoa & PERi-Tomato Salad V 521 kcal **new** **8.25**
It's crunch time. Lettuce, semi-dried PERi-Tomatoes, a generous helping of quinoa, lightly salted pitta croutons and creamy, crumbly feta in a lemon & wild garlic dressing.

Add...

Two Boneless Chicken Thighs 353 kcal	**4.25**
Grilled Chicken Breast 138 kcal	**3.30**
PERi-Plant Strips 202 kcal	**3.30**
Beanie Patty V 261 kcal	**3.30**
Grilled Halloumi Cheese V 177 kcal	**1.50**

PERi-PERi Chicken

Our chicken is fresh, never frozen and marinated in PERi-PERi for 24 hours before being flame-grilled in your favourite spice.

	ON ITS OWN	+2 REG SIDES
Chicken Butterfly 332 kcal Two chicken breasts joined by crispy skin.	**8.25**	**13.00**
4 Boneless Chicken Thighs 706 kcal	**8.25**	**13.00**
¼ Chicken Leg 245 kcal / Breast 323 kcal	**4.50**	**9.25**
½ Chicken 568 kcal	**7.95**	**12.70**
3 Chicken Wings 236 kcal	**4.25**	**9.00**
5 Chicken Wings 393 kcal	**6.25**	**11.00**

Dare to share...

10 Chicken Wings 786 kcal	Serves 2-3	**11.25**	**16.00**
15 Chicken Wings 1179 kcal	Serves 2-3	**14.75**	
Whole Chicken 1136 kcal	Serves 2-3	**14.50**	
10 Wing Roulette 842 kcal	Serves 2-3	**11.25**	

Think you can handle the heat?
Take on our challenge - wings come in various spice levels.

Chicken Livers† & Portuguese Roll 556 kcal **it's back** **8.25** **13.00**
Chicken livers in a rich, garlicky sauce made with PERi-PERi, tomatoes, onion and warming chilli.

Sharing Platters

Load up, grab the gang and get sharing.

Boneless Platter **24.75** Meal for 2
Chicken Butterfly and 4 Chicken Thighs with either: 2 large **OR** 4 regular sides.

Wing Platter **19.75** Meal for 2-3
10 Chicken Wings with either: 2 large **OR** 4 regular sides.

Full Platter **22.95** Meal for 2
Whole Chicken with either: 2 large **OR** 4 regular sides.

Family Platter **47.50** Meal for 4-6
2 Whole Chickens and 5 large sides.

Burgers, Pittas, Wraps

Whether it's PERi-PERi Chicken or you like a bit of flex, we've got you.

Burger (B) with Lemon & Herb mayo, lettuce, tomato, and PERi-Ketchup.

Pitta (P) with Lemon & Herb mayo and crunchy slaw in a tangy dressing.

Wrap (W) with lettuce, lightly spiced yoghurt mayo and chilli jam.

	ON ITS OWN	+1 REG SIDE	+2 REG SIDES
Grilled Chicken B 438 / P 485 / W 537 kcal Chicken breast grilled in your favourite spice.	**6.95**	**9.50**	**11.70**
Double Chicken B 576 / P 623 / W 674 kcal Two chicken breasts infused with PERi-PERi and grilled in your favourite spice.	**10.25**	**12.80**	**15.00**
Beanie V B 562 / P 608 / W 660 kcal Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds.	**6.95**	**9.50**	**11.70**
The Great Imitator B 502 / P 549 / W 568 kcal Our PERi-Plant strips are made from pea-protein but taste just like our famous PERi-PERi Chicken.** **Our wrap** is served with Garlic PERinaise, lettuce and chilli jam.***	**6.95**	**9.50**	**11.70**
Sunset Burger 682 kcal Two chicken thighs, melting cheddar cheese, smoky red pepper chutney, lettuce and Lemon & Herb mayo in a bolo do caco - a soft sweet roll. Deliciously messy.	**8.25**	**10.80**	**13.00**
Fino Pitta 817 kcal Indulge in a toasted pitta filled with two flame-grilled chicken thighs, grilled halloumi cheese, caramelised red onion relish and wild garlic aioli, topped with lettuce.	**8.25**	**10.80**	**13.00**

Spiced Chickpea Burger 534 kcal **7.55** **10.10** **12.30**
A chickpea and spinach patty with hints of cumin, coriander and turmeric, loaded with houmous, red pepper chutney and topped with red pickled onions. Served in a bolo do caco - our soft, sweet roll.

Portobello Mushroom & Halloumi Pitta V 617 kcal **it's back** **7.55** **10.10** **12.30**
Grilled Portobello mushroom and halloumi with chilli jam, wild garlic aioli and lettuce.
The mushroom and halloumi you know and love, with an epic upgrade.

Add...

Grilled Portobello Mushroom V 124 kcal	**1.85**
Grilled Halloumi Cheese V 177 kcal	**1.50**
Pineapple 37 kcal	**1.00**
Cheddar Cheese V 78 kcal	**0.75**

Choose your spice

Whether you're Mild, Medium or Extra Hot, our legendary PERi-PERi is made with a blend of African Bird's Eye chillies, a splash of lemon and a kick of garlic.

Extra HOt 82 kcal per serving

HOt 41 kcal per serving
or **Smoky Churrasco**

Medium 20 kcal per serving

Lemon & Herb 10 kcal per serving

Plain...ish

limited time only
Smoky Churrasco 43 kcal per serving
Add a rich, spicy and smoky kick to your main.

Sides

REG **3.25** / LARGE **5.75**
Serves 2

Get ready for the 'oooh can I try a bit?'

PERi-Salted Chips 452 / 1128 kcal

Chips 450 / 1125 kcal

Corn on the Cob V 144 / 288 kcal

Macho Peas V 141 / 283 kcal
Whole peas with mint and a touch of chilli.

Garlic Bread 362 / 723 kcal

Spicy Rice 246 / 492 kcal

Creamy Mash V 276 / 552 kcal

Mixed Leaf Salad 13 / 27 kcal

Rainbow Slaw 99 / 177 kcal
A fresh mix of crunchy veg in a tangy dressing. Topped with seeds.

Coleslaw V 263 / 526 kcal

Spiced Grains & Butternut Squash V 232 / 421 kcal
Served warm with green beans, dried fruit and a sprinkle of feta.

Long-Stem Broccoli 32 / 65 kcal
Dressed in garlic and lemon oil.

Dips

each **0.75**

PERinaise V 159 kcal
Mayo, PERi-PERi style.

Garlic PERinaise 176 kcal

PERi-BBQ 61 kcal

PERi-PERi Drizzle 97 kcal

Chilli Jam 66 kcal

Any allergies? Ask to speak to a Manager before you order. | Plant-based** V Vegetarian* | *Adults need around 2000 kcal a day.*

To work out your meal's total calories, add the calories next to each item with your chosen spice from the PERi-ometer, plus any sides. For Sharing Platters, add together the calories from the individual items on the menu including your chosen spice(s) from the PERi-ometer. Calories for main dishes are based on Plain...ish spice only.

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Nando's

Nandinos

ALL MEALS 5.95

Meals for children under 10.

Step 1 **Choose your main**

Chicken Breast Fillet 138 kcal

Chicken Burger 288 kcal

3 Chicken Wings 236 kcal

Beanie Patty (V) 261 kcal **or Beanie Burger** (V) 432 kcal
Made with cheddar cheese, chickpeas, sweetcorn, lentils, peas and pumpkin seeds. Or have it as a burger, served in a bun with Lemon & Herb mayo, lettuce, tomato and PERi-Ketchup.

Step 2 **Pick your flavour**

Plain...ish: No added spice. As mild as it gets.
PERi-tamer: Deliciously sweet with a hint of BBQ. 40 kcal

Or choose from the PERi-ometer.

Step 3 **Pick 2 Dino sides**

Spicy Rice 123 kcal
Corn on the Cob 72 kcal
Chips 225 kcal
Little Tomatoes 13 kcal
Long-Stem Broccoli Dressed in garlic and lemon oil. 16 kcal
Spiced Grains & Butternut Squash 95 kcal
Served warm with green beans and dried fruit.

Step 4 **Choose a Dino drink or dessert**

Chilly Billy Lolly 30 kcal	2.15
Kids Cawston Press (200ml) 54 kcal Apple & Pear or Summer Berry.	1.60
Bottle Green Cordial (50ml) 25 kcal Apple & Plum or Strawberry. Mix with water to taste.	1.60
Scoop of Vanilla Gelado (V) 153 kcal	1.80
Bottomless Frozen Yoghurt (V) 125 kcal (per cup) Ask for today's flavour.	2.95

Soft Drinks

RUBRO 300ml 57 kcal Lemon, Peach or Berry iced tea made with Rooibos.	2.90
Karma Drinks Gingerella 300ml 105 kcal Clean, crisp and sparkling with organic Fairtrade ginger.	2.90
Mineral Water 500ml 0 kcal Still or sparkling.	2.40
Bottomless 300ml kcal calculated per serving Diet Coke 1 kcal · Coca-Cola zero sugar 2 kcal · Sprite zero 3 kcal · Fanta 57 kcal	3.25
Coca-Cola Classic 126 kcal *Sugar levy applied*	3.45

Desserts

Gelado (V) Ice cream in Portuguese. **Chocolate** (made without lactose) 145 kcal **Coconut** 157 kcal **/ Vanilla** 161 kcal **/ Mango** 99 kcal	3.15
Bottomless Frozen Yoghurt (V) 125 kcal (per cup) Go bottomless! Refill as often as you want. Ask for today's flavour.	2.95
Naughty Nata (V) 169 kcal Tempting and traditional Portuguese custard tart, baked right here every day.	1.95
Salted Caramel Brownie (V) 389 kcal Rich chocolate brownie with a delicious hint of salted caramel.	2.75
Add... a scoop of Vanilla Gelado (V) 153 kcal	1.80
Have your cake... (V) And eat it! Served with a side of cream. 84 kcal **Gooey Caramel Cheesecake** 378 kcal **Choc-A-Lot Cake** 582 kcal	4.75
Add... a scoop of Vanilla Gelado (V) 153 kcal	1.80

Beer & Cider

Sxollie ABV 4.5% Fresh out of Western Cape, South Africa. It's sweet and crisp with a hint of toffee apple. No added sugar or concentrates, made with 100% Golden Delicious apples.	BOTTLE 4.85 500ml 289 kcal
Five Points XPA ABV 4% A light and tropical extra pale ale.	CAN 4.25 330ml 56 kcal
Freedom Pils ABV 4.4% A pilsner with an up-to-date twist.	BOTTLE 4.25 330ml 119 kcal
Sagres ABV 5% Portugal's favourite golden lager.	BOTTLE 4.25 330ml 129 kcal

Wine

We've called in the experts. That's why most of our wines come from South Africa's historic Spier Wine Farm – that's three hundred years of winemaking legacy in every glass.

White

Bright, refreshing wines straight from South Africa.

Spier Sauvignon Blanc Fresh gooseberry and passion fruit flavours.	CAN 250ml 195 kcal 6.25
Spier Chardonnay Creamy, citrus and tropical flavours, with a mouthwatering finish.	GLASS 175ml 137 kcal 5.80 GLASS 250ml 195 kcal 7.20 BOTTLE 750ml 585 kcal 19.90
Creative Block 2 A crisp Sauvignon Blanc blend with classic gooseberry and lime flavours.	BOTTLE 750ml 585 kcal 28.95

Red

Aromatic reds from South Africa's legendary vineyards.

Spier Merlot Dark and luscious with ripe red and black berries.	CAN 250ml 205 kcal 6.25
Spier Cabernet Sauvignon Bright berries and dark chocolate. Rich and refreshing.	GLASS 175ml 140 kcal 5.80 GLASS 250ml 200 kcal 7.20 BOTTLE 750ml 600 kcal 19.90
Creative Block 5 Full-bodied Cabernet Sauvignon and Merlot blend with blackberry, blackcurrant and spicy oak flavours.	BOTTLE 750ml 638 kcal 28.95

Rosé

Fruity rosés from South Africa and Portugal.

Spier Rosé Strawberries, grapefruit and ripe peach with a crisp finish.	CAN 250ml 188 kcal 6.25
Cara Viva Medium Dry An off-dry gem, pairs well with PERi-PERi.	GLASS 175ml 123 kcal 5.00 GLASS 250ml 175 kcal 6.25 BOTTLE 750ml 525 kcal 17.30
Cara Viva Summer Fruit A fruity burst of summery flavours.	GLASS 175ml 126 kcal 5.00 GLASS 250ml 180 kcal 6.25 BOTTLE 750ml 540 kcal 17.30

▶ All wine served by the glass is available in a 125ml serving.

Adults need around 2000 kcal a day.

Food facts † Our chicken livers are prepared from frozen. *Although Nando's restaurants aren't vegetarian, our kitchens aim to keep non-meat products separate from meat products. We can't however guarantee this. **Suitable for those following a plant-based diet, however, although our kitchens aim to keep all our plant-based products away from ingredients derived from animal origin, we cannot guarantee this. ***This is a plant-based recipe, however, the wrap and baste contain shellac.** Please be aware that we sell nuts, there may be traces of nuts in all our products. If you have any questions please speak to a Manager. If you're after nutritional information, please ask one of the team, visit our website or use our Nando's app. We take great care to remove the bones and cartilage from our boneless items and the stones from our olives but there is a tiny chance of finding one. Halal chicken may be served in any of our Nando's restaurants. Prices are listed in Pounds Sterling and include VAT at the current rate. Service not included. If you need to know the ABV of alcoholic drinks please ask. 'Coca-Cola Classic', 'Diet Coke', 'Coca-Cola Zero Sugar', 'Fanta', and 'Sprite Zero' are registered trade marks of The Coca-Cola Company.

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